

Ayurvedic Management of Obsessive-Compulsive Disorder-A Case Report

Asha Karunakaran K*, Sangeetha G and Sneha Ann Titus

Kerala University of Health Sciences, India.

Published August 03, 2023

ABSTRACT

Obsessive compulsive disorder (OCD) is a type of anxiety disorder characterized by recurrent intrusive thoughts, idea, or sensation (obsessions) that lead to engage in repetitive behaviors (compulsions). The obsessions and compulsions are time-consuming, interfere significantly with the person's normal routine, social and occupational functioning, and finally results in severe distress to the affected person. Fears of contamination and germs are common. Patients often conceal their symptoms. The disorder usually has a waxing and waning course and, in some cases, may show a steady deterioration of psychosocial functioning. only 50-60% of patients with OCD show adequate improvement with pharmacotherapy alone. OCD is similar to Atattvabhinivesa - a mental disorder explained in Ayurveda. A vast array of Ayurvedic treatment modalities can potentially add value in the management of such type of manoroga. In the present paper, a case of OCD diagnosed with DSM V criteria was successfully managed with selected Ayurveda protocol along with satvavajaya chikitsa for one and half months. The patient was unable to discriminate between nitya and anithya, recognizes ahitha as hitha. Ayurvedic management consist of administration of shodhana, medhya rasayana, and satwajaya chikitsa. The patient was assessed before and after management with CY-BOCS scale.

Keywords: Ayurveda, Atattvaabhinivesa, Obsessive compulsive disorder

Corresponding author: Asha Karunakaran K, Kerala University of Health Sciences, India, E-mail: ashkvrindavan@gmail.com

Citation: Karunakaran AK, Sangeetha G & Titus SA. (2023) Ayurvedic Management of Obsessive-Compulsive Disorder-A Case Report. J Cardiol Diagn Res, 5(S1): 02.

Copyright: ©2023 Karunakaran AK, Sangeetha G & Titus SA. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.